



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 01035, Cheese, provolone

Report Date: June 22, 2017 11:05 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g	1 package (6 oz) 170g
<strong>Proximates</strong>									
Water	g	40.95	21	0.661	54.05	11.61	6.96	11.47	69.62
Energy	kcal	351	--	--	463	100	60	98	597
Energy	kJ	1471	--	--	1942	417	250	412	2501
Protein	g	25.58	16	0.349	33.77	7.25	4.35	7.16	43.49
Total lipid (fat)	g	26.62	24	0.341	35.14	7.55	4.53	7.45	45.25
Ash	g	4.71	14	0.155	6.22	1.34	0.80	1.32	8.01
Carbohydrate, by difference	g	2.14	--	--	2.82	0.61	0.36	0.60	3.64
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.56	--	--	0.74	0.16	0.10	0.16	0.95
<strong>Minerals</strong>									
Calcium, Ca	mg	756	18	17.043	998	214	129	212	1285
Iron, Fe	mg	0.52	5	0.065	0.69	0.15	0.09	0.15	0.88
Magnesium, Mg	mg	28	13	0.776	37	8	5	8	48
Phosphorus, P	mg	496	13	16.404	655	141	84	139	843
Potassium, K	mg	138	11	12.835	182	39	23	39	235
Sodium, Na	mg	876	12	50.221	1156	248	149	245	1489
Zinc, Zn	mg	3.23	5	0.170	4.26	0.92	0.55	0.90	5.49
Copper, Cu	mg	0.026	--	--	0.034	0.007	0.004	0.007	0.044
Manganese, Mn	mg	0.010	--	--	0.013	0.003	0.002	0.003	0.017
Selenium, Se	µg	14.5	--	--	19.1	4.1	2.5	4.1	24.6
<strong>Vitamins</strong>									
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.019	9	0.004	0.025	0.005	0.003	0.005	0.032
Riboflavin	mg	0.321	13	0.015	0.424	0.091	0.055	0.090	0.546
Niacin	mg	0.156	18	0.023	0.206	0.044	0.027	0.044	0.265
Pantothenic acid	mg	0.476	6	0.154	0.628	0.135	0.081	0.133	0.809
Vitamin B-6	mg	0.073	28	0.006	0.096	0.021	0.012	0.020	0.124
Folate, total	µg	10	15	1.110	13	3	2	3	17
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	10	15	1.110	13	3	2	3	17
Folate, DFE	µg	10	--	--	13	3	2	3	17
Choline, total	mg	15.4	--	--	20.3	4.4	2.6	4.3	26.2
Vitamin B-12	µg	1.46	8	0.136	1.93	0.41	0.25	0.41	2.48
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	236	--	--	312	67	40	66	401
Retinol	µg	230	--	--	304	65	39	64	391
Carotene, beta	µg	68	--	--	90	19	12	19	116
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	880	--	--	1162	249	150	246	1496
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.30	0.07	0.04	0.06	0.39
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	0.1	0.1	0.1	0.8
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.7	0.1	0.1	0.1	0.8
Vitamin D	IU	20	--	--	26	6	3	6	34
Vitamin K (phylloquinone)	µg	2.2	--	--	2.9	0.6	0.4	0.6	3.7
<b>Lipids</b>									
Fatty acids, total saturated	g	17.078	--	--	22.543	4.842	2.903	4.782	29.033
4:0	g	0.981	2	--	1.295	0.278	0.167	0.275	1.668
6:0	g	0.370	2	--	0.488	0.105	0.063	0.104	0.629
8:0	g	0.256	10	0.022	0.338	0.073	0.044	0.072	0.435
10:0	g	0.482	10	0.034	0.636	0.137	0.082	0.135	0.819
12:0	g	0.355	10	0.061	0.469	0.101	0.060	0.099	0.603

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14:0	g	2.748	10	0.084	3.627	0.779	0.467	0.769	4.672
16:0	g	8.159	10	0.190	10.770	2.313	1.387	2.285	13.870
18:0	g	3.063	10	0.121	4.043	0.868	0.521	0.858	5.207
Fatty acids, total monounsaturated	g	7.393	--	--	9.759	2.096	1.257	2.070	12.568
16:1 undifferentiated	g	0.878	10	0.064	1.159	0.249	0.149	0.246	1.493
18:1 undifferentiated	g	6.164	10	0.174	8.136	1.747	1.048	1.726	10.479
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.769	--	--	1.015	0.218	0.131	0.215	1.307
18:2 undifferentiated	g	0.494	10	0.050	0.652	0.140	0.084	0.138	0.840
18:3 undifferentiated	g	0.275	10	0.022	0.363	0.078	0.047	0.077	0.468
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	69	4	4.603	91	20	12	19	117
<b>Amino Acids</b>									
Tryptophan	g	0.345	--	--	0.455	0.098	0.059	0.097	0.587
Threonine	g	0.982	--	--	1.296	0.278	0.167	0.275	1.669
Isoleucine	g	1.091	--	--	1.440	0.309	0.185	0.305	1.855
Leucine	g	2.297	--	--	3.032	0.651	0.390	0.643	3.905
Lysine	g	2.646	--	--	3.493	0.750	0.450	0.741	4.498
Methionine	g	0.686	--	--	0.906	0.194	0.117	0.192	1.166
Cystine	g	0.116	--	--	0.153	0.033	0.020	0.032	0.197
Phenylalanine	g	1.287	--	--	1.699	0.365	0.219	0.360	2.188
Tyrosine	g	1.520	--	--	2.006	0.431	0.258	0.426	2.584
Valine	g	1.640	--	--	2.165	0.465	0.279	0.459	2.788
Arginine	g	1.022	--	--	1.349	0.290	0.174	0.286	1.737
Histidine	g	1.115	--	--	1.472	0.316	0.190	0.312	1.896
Alanine	g	0.706	--	--	0.932	0.200	0.120	0.198	1.200
Aspartic acid	g	1.744	--	--	2.302	0.494	0.296	0.488	2.965
Glutamic acid	g	6.235	--	--	8.230	1.768	1.060	1.746	10.600

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Glycine	g	0.433	--	--	0.572	0.123	0.074	0.121	0.736
Proline	g	2.766	--	--	3.651	0.784	0.470	0.774	4.702
Serine	g	1.471	--	--	1.942	0.417	0.250	0.412	2.501
<b>Other</b>									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0